

## 5 A Day Recipes

### Desserts

#### Golden Apple Meringues

**Serves 4**

- 2 ( $\frac{3}{4}$  lbs.) Golden Delicious or Rome Beauty apples, pared and halved
- 1 cup orange marmalade
- 2 Tbsp. sugar
- 2 cups apple juice or water
- 2 egg whites
- 2 Tbsp. almonds, chopped, and toasted

Poach apples in apple juice about 5 to 7 minutes or until barely tender, drain. Spoon 2 Tbsp. marmalade into center of each half. Beat egg whites to soft peaks. Add sugar gradually; beat until stiff. Fold in almonds. Cover tops of apple halves to edges with meringue. Bake at 350 degrees 7 to 10 minutes or until lightly browned.

**Nutritional Analysis**

Calories: 271  
Fat: 3 g  
Cholesterol: 0 mg  
Fiber: 3 g  
Sodium: 35 mg  
% Calories from Fat: 9%

This is an official 5 A Day recipe, and provides each person served with one serving of fruit each.